



2022 USATF Region 8 Junior Olympic Track & Field Championships

Thursday - Sunday July 7-10, 2022
Lakeville South HS, Lakeville, MN

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions

8 & under (born 2014 +)
9 - 10 (born 2012-2013)
11 - 12 (born 2010-2011)
13 - 14 (born 2008-2009)
15 - 16 (born 2006-2007)
17 - 18 (born 2004-2005)
* athletes born in 2003 are also eligible if they do not turn 19 on or before 8/01/2022



Individuals: Only U.S. citizens, aliens living in the United States and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the 8 & Under, 9 - 10 and 11 - 12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13 - 14, 15 - 16 and 17 - 18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. All athletes must be 2022 members of USATF in good standing.

Relay Teams: Only registered 2022 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership. Visit www.usatf.org/membership.

8 & UNDER AGE GROUP: 8 and under age division athletes must be at least 7 years of age by December 31 of the current year to be eligible to compete at the USATF National Junior Olympic Championship. Athletes younger than 7 as of Dec. 31 of the current year may compete at the association and region meets (if qualified from association) only.

Concessions will be available throughout the event.

Severe weather: Should severe weather occur, everyone will clear the facility and go to their vehicles (or building should tornado be present).

GATE ADMISSION FEES: \$5/person age 6 and older. Coaches must show their current 2022 USATF membership card and must be listed on the USATF website as being in good standing. **4-Day Meet Pass will be available for \$17**

RULES – CONDUCT & FACILITY: Coolers are not permitted in the stadium. No glass bottles or containers permitted. No grills permitted. No alcohol or tobacco permitted on school property. No pets permitted. All participants and spectators are expected to show proper conduct towards others and the facility. Meet administration reserves the right to have individuals removed from the facility for behavior deemed unacceptable. No refunds.

DIRECTIONS & PARKING: Lakeville South HS address is: 21135 Jacquard Ave, Lakeville, MN 55044. Parking will be in the main lots (no parking fee).

VOLUNTEERS NEEDED: Staging track meets requires many people. No prior experience necessary for many positions. Please contact the meet director if you can help for even ½ of a day.

NO ANIMALS PERMITTED AT THE TRACK STADIUM OR FIELD EVENT VENUES: Exception made for service animals for individuals with disabilities.

Track

This is an 9 lane 400-meter track. All races will utilize Finish Lynx Automatic timing system as primary and back up.

Spikes must be pyramid shaped with a maximum exposed length of ¼ inch. This applies to the long jump, triple jump, high jump and pole vault as well as all running events. Meet officials will enforce this rule. The penalty for this infraction is disqualification.

Long/Triple Jump

The long jump/triple jump will be contested along the south part of the facility (behind the scoreboard). We will utilize two pits, either west or east depending on wind.

High Jump

The high jump will be contested on the infield in the north apron. There will be two pits set up.

Pole Vault

The pole vault will be contested in the south part of the facility. Vaulting direction will be determined 1 hour prior to my meet administration.

Shot Put

The shot put will be contested on the southwest corner track facility. The competition circle is cement. There will be a practice ring available. We will use two rings.

Discus

Will be contested on the discus circle located outside the track. The competition circle is cement.

Hammer

Will be contested on the hammer circle located at Hamline University on Thursday evening: 1536 Hewitt Ave, St. Paul, MN 55104

Javelin

The javelin will be contested outside the track (west side). The competition runway is grass.

Weighing of Implements

All implements will be weighed and measured in the garage on the west end of the stadium.

Pole Vault – Weigh in and Pole Storage

Weigh in for vaulters will be available in the garage on the west end of the stadium at any time prior to the start of their event. Pole storage may not be available.

HOTEL	PHONE	ADDRESS	RATE
Holiday Inn & Suites	952-469-1134	20800 Kenrick Ave, Lakeville, MN 55044	1 King Bed - \$129 + tax per night 2 Queen Beds - \$ 139 + tax 2 Queen Beds Poolside - \$ 169 + tax Two Room Suites - \$ 179 + tax
Candlewood Suites	612-808-5580	21060 Keswick Loop, Lakeville, MN 55044	\$129+tax king bed per night \$139 + tax queen bed
Quality Inn	952-898-3718	17605 Kenrick Ave, Lakeville, MN 55044	July 7 & July 10 - \$ 129.99 + tax double occupancy/2 queen beds July 8 & 9 - \$ 149.99 + tax double occupancy/2 queen beds Extra adult +\$ 10. 00 per night.
Motel 6	952-469-1900	11274 210th St W, Lakeville, MN 55044	Rates starting at \$ 69.99 single occupancy
Hampton Inn	952-213-3144	20851 Keokuk Ave, Lakeville, MN 55044	Run of the house rooms: \$ 144 per night
Baymont by Wyndham	952-835-1586	17145 Kenyon Ave, Lakeville, MN 55044	TBD \$109.99 Thursday; \$129.99 Friday and Saturday; \$109.99 Sunday Will hold 20 with 2 queen beds until one month prior. Must call direct to receive group rate.

Events going on nearby:

Visit Lakeville: <https://visitlakeville.org/eat-drink/>

Pan O Prog is our week long festival: <https://www.panoprogram.org/>

July 8 & 9 is Prior Lake's Lakefront Music Fest: <https://www.lakefrontmusicfest.com/>

July 10 Jeff Dunham at Mystic Lake <https://www.eventticketscenter.com/jeff-dunham-prior-lake-07-10-2022/4401461/t>

Area attractions: <https://visitlakeville.org/things-to-do/>

Summer Video: <https://www.youtube.com/watch?v=HgXvvYJ098Y>

Hot Deals (coupons) <https://visitlakeville.org/lakeville-area/hot-deals/>

ENTRY PROCESS: Invitations will be sent via athletic.net to all qualifying athletes following their Association championships (Primary Qualifiers). Secondary qualifiers will receive notification by Tuesday June 21 that they can enter. Questions please contact: Josh Gerber: president@minnesota.usatf.org.

Registration Costs:

Individual Entries: \$8 per event
Relay Entries: \$32 per relay team
Decathlon/Heptathlon: \$20 per decathlete/heptathlete
Triathlon/Pentathlon: \$15 per triathlete/pentathlete

Club Administrators and Unattached Athletes should register online at <https://www.athletic.net/TrackAndField/meet/464505>

Registration Begins: June 21, 2022 @ 9AM

Registration Deadline: July 5, 2022 @ 11PM

Late Entries

Late entries must go through and be approved by your respective association chair. If approved the fee structure will be as follows:

Within 24 hours past the original deadline Wednesday \$25 per athlete
24-48 hours past the original deadline Thursday \$50 per athlete
Any time after that Thursday \$100 per athlete
Late fees will be due at gate when picking up athletes bib.

On site registration will NOT be offered. Fees must be paid online by the close of registration. Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>

Athlete Competition/Bib Numbers

Athletes entered in the meet will receive a bib number at packet pick-up along with a wristband. Bib numbers are required for competition and must be worn on the front of the uniform unless instructed otherwise. There is a \$5 replacement fee for lost bib or wristband. Requests for replacements should be made at the Registration tent located outside the main gate. A wristband is required at admission gate for free admission.

Coaches: Coaches may pick up an entire team packet of bibs provided the coach is listed in good standing as a coach with USATF for 2022. You can find that list here: <https://www.usatf.org/programs/coaches/coaches-registry>.

EVENT RESULTS: Results will only be posted online at www.wayzataresults.com and on the scoreboard. No printed results will be available.

AWARDS: USATF medals will be awarded to the top nine (9) individuals and the top nine (9) relay teams in each event of each age division.

CLOSED FIELD AND WARM-UP AREA: The football field will be closed except for a flagged warm-up area. The track is closed for all warm-ups once the meet begins.

COACHES BOXES/CLOSED OFF AREAS: Infield: IS CLOSED TO ALL ATHLETES AND COACHES DURING THE MEET. Only athletes who have been checked in by the clerk will be allowed to enter the infield for warmups. Field Event areas will have designated coaching boxes.

PROTESTS: There will be a \$100 cash fee for all protests. Protests must be submitted to the Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld. The clock will start on the live results once the results become official, once that clock expires there will be no further protests for that event. To initiate a protest please go to the press box.

TRACK EVENT CHECK-IN: Track athletes will check in on the outside of the track near the 200m start line. Only athletes will be allowed in the clerking area. See attached map for clerking area.

FIELD EVENT CHECK-IN: Field athletes should report in no earlier than 30 minutes prior to the scheduled start of the field event at the field event venue but not later than the scheduled start. Athletes may be permitted to check-in after the scheduled start while an event is still in the preliminary stage but will not be permitted to take warm-up attempts after the event has officially started. Crossbars will not be lowered in the high jump or pole vault for late arriving athletes. If an athlete has not checked in at the point all other athletes have completed preliminary attempts, a late arriving athlete will not be permitted to compete.

LONG JUMP/TRIPLE JUMP: Athletes must check in with the event officials and work with the officials to get jumps completed before leaving for other events or communicate with officials about event conflicts. Officials will attempt to work with athletes to manage track and field event conflicts or field and field event conflicts by providing for jumps out of order in preliminaries or consecutive jumps. The top 9 athletes from preliminaries will advance to the finals. During the finals, athletes will jump in reverse order (9th best going first, 1st competing last) and will be called to jump by the official. During the finals, athletes must be present to jump when called and must compete in the order assigned. If an athlete is not present when called during finals, the athlete will be marked as having passed the attempt and will not be permitted to take a passed jump later. Athletes may request to take consecutive jumps in preliminary rounds or finals.

POLE VAULTER WEIGH-IN AND IMPLEMENT WEIGH-IN: Shot, discus, javelin and hammer weigh-in and inspection will take place near the entry to the stadium beginning at 7:15 AM Saturday for all age divisions. Javelins, hammers, pole vault poles and implements used for combined events will be inspected at field event venues. Only implements inspected will be allowed into competition. See implement table for specifications for each age group event.

Implements					
8 & Under	9-10	11-12	13-14	15-16	17-18
Shot Put (G) 2 kg	Shot Put (G) 6 lb.	Shot Put (G) 6 lb.	Shot Put (G) 6 lb.	Shot Put (G) 4 kg	Shot Put (W) 4 kg.
Shot Put (B) 2 kg	Shot Put (B) 6 lb.	Shot Put (B) 6 lb.	Shot Put (B) 4 kg	Shot Put (B) 12 lb.	Shot Put (M) 12 lb.
Mini Jav (G) 300g	Mini Jav (G) 300g	Javelin (G/B) 450g	Javelin (G) 600g	Javelin (G) 600g	Javelin (W) 600g
Mini Jav (B) 300g	Mini Jav (B) 300g	Discus (G) 1 kg	Javelin (B) 600g	Javelin (B) 800g	Javelin (M) 800g
		Discus (B) 1 kg	Discus (G) 1 kg	Discus (G) 1 kg	Discus (W) 1 kg
			Discus (B) 1 kg	Discus (B) 1.6 kg	Discus (M) 1.6 kg
				Hammer (G) 4 kg	Hammer (W) 4 kg
				Hammer (B) 12 lb.	Hammer (M) 12 lb.

Field Event Information

Throwing implements that comply with required specifications and belong to individuals may be accepted for use in competition. Implements accepted shall lose their identity as privately owned for the duration of the competition. Privately owned javelins are exempt from this loss of identity rule. The top (8) best marks will advance to the finals. In the pole vault we will follow Rule 302.5(n). We will have a field referee inspecting poles prior to warm-up to make sure that the poles are legal equipment. Each competitor will also be required to weigh in, to ensure that the athlete's weight shall be at or below the manufacturer's pole rating.

High jump progression will be 5cm, pole vault 15cm (both open and combined events) as stated in Rule 302.5(o) and 302.6(d).

1							
2		High Jump					
3							
4		National JO Meet Starting Heights			Region Meet Starting Heights		
5					(.10 below national)		
6		Girls	Boys				
7	9-10	1.00	1.00		0.90		0.90
8	11-12	1.20	1.20		1.10		1.10
9	13-14	1.30	1.45		1.20		1.35
10	15-16	1.35	1.60		1.25		1.50
11	17-18	1.45	1.70		1.35		1.60
12							
13							
14		Pole Vault			(.30 below national)		
15	13-14	2.05	2.55		1.75	2.25	
16	15-16	2.25	3.30		1.95	3.00	
17	17-18	2.65	3.85		2.35	3.55	
18							
19							
20							
21							
22							
23							

TRACK PRELIMS AND FINALS: When 8 or fewer athletes from a gender/age group report to the clerk of course by the required check-in time for the 80/100/110 meter hurdles, the 100 meter dash, or the 200 meter dash, the event will be run as a final on the first day of competition and there will be no preliminary race. See specifications for hurdle races in the table:

Hurdle Heights	Number of Hurdles	Start to first hurdle	Space between hurdles	Last hurdle to finish
11-12				
80 m Hurdles (G & B) 30"	8	12 m	7.5 m	15.5 m
13-14				
100 m Hurdles (G) 30"	10	13 m	8.0 m	15 m
100 m Hurdles (B) 33"	10	13 m	8.5 m	10.5 m
200 m Hurdles (G & B) 30"	5	20 m	35 m	40 m
15-16				
100 m Hurdles (G) 33"	10	13 m	8.5 m	10.5 m
110 m Hurdles (B) 39"	10	13.72 m	9.14 m	14.02 m
400 m Hurdles (G) 30"	10	45 m	35 m	40 m
400 m Hurdles (B) 36"	10	45 m	35 m	40 m
17-18				
100 m Hurdles (G) 33"	10	13 m	8.5 m	10.5 m
110 m Hurdles (B) 39"	10	13.72 m	9.14 m	14.02 m
400 m Hurdles (G) 30"	10	45 m	35 m	40 m
400 m Hurdles (B) 36"	10	45 m	35 m	40 m

SPIKES: Only ¼" pyramid spikes (or smaller) are permitted on the track. Improper spikes will not be permitted. ¼" replacement spikes will be available to purchase until supplies are sold out. Athletes are expected to bring their track shoes with spikes to the clerking area for inspection.

ADVANCEMENT TO FINALS: Track Events: For events run in prelims (100 dash, 200 dash, 80H, 100H, 110H) qualification to finals will be as follows: Top 1 in each heat and the next fastest by time (Fill to 9). Field Events: qualification will be on performance in the preliminary flight(s) – 9 to finals in the field events.

Relay Information

Reminder – members of relay teams must wear a top of the same color as well as shorts of the same color or matching body suits. Relay teams should provide their own batons. A limited number of batons will be available if needed.

Relay zone exchanges have been changed.

Rule 170.3

In the 4x100m, the 4x200m, the first and second exchanges in the 'Swedish' Medley and the outdoor Sprint Medley relays, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For the third exchange in the 'Swedish' Medley Relay and in the 4x400m and longer relays each exchange zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each exchange conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their exchange zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.5 is observed.

Translation: The exchange zone is now 30 meters long with no acceleration zone. Athletes can line up anywhere within the 30 meter zone. Exchange must be made before the end of the exchange zone. (eliminates exchanging before entering the zone) Since NCAA and NFHS has not adopted this rule yet, tracks will still be marked the old way, so the exchange zone will be the acceleration (olympic) zone plus the traditional exchange zone.

Starting Blocks (Rule 302.2(e))

Athletes in the 15-16 and 17-18 age groups shall, in accordance with Rules 161, be required to use starting blocks for all events up to and including the 400 Meter Dash and the first leg of all relays where that leg does not exceed 400 meters. For athletes in the 8 & U, 9-10, 11-12, and 13-14 age groups general rules regarding the use of starting blocks and stance are waived (the use of starting blocks and stance is within the discretion of the competitor). The setting of a competitor's starting blocks other than by the competitor or an individual designated by the starter is prohibited.

All athletes will be required to use blocks supplied by the organizing committee.

False Start Rule (302.2(d))

False starts are called on individuals, not on the field. For the 8 and under, 9-10, 11-12 and 13-14 year old divisions, for a first false start by a competitor, a yellow and black (diagonally halved) card shall be raised in front of the respective competitor(s), and when lane markers are being used, a corresponding indication should be placed on the respective lane marker(s). For a second false start, the respective competitor(s) shall be disqualified.

The National Junior Olympic Championships will be held on July 25-31, 2022 in Sacramento, California. The top 8 athletes at the Region 8 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify. Information is available at:

<https://www.usatf.org/events/2022/2022-usatf-national-junior-olympic-track-field-cha>

Covid-19 Information: TBA

RECORDS: Meet records maintained since 1984 are available at <http://www.wayzataresults.com/records> .

CONTACT:

Name: Josh Gerber (Meet Director)

Phone Number: 612-849-0713 (text preferred) only call if emergency

E-mail: josh@wayzataresults.com (preferred method)

MEET SCHEDULE:

Thursday, July 7

Gates open to athletes and spectators at 11:30am
12:30pm Decathlon Day 1 (15-16B; 17-18M)
1:00pm Pentathlon (11-12G; 11-12B)
1:30pm Heptathlon Day 1 (15-16G; 17-18W)

PLEASE NOTE THESE EVENTS WILL TAKE PLACE AT HAMLIN UNIVERSITY:

1536 Hewitt Ave, St. Paul, MN 55104
6:00pm 2k Steeplechase (15-16B; 17-18M)
6:15pm 2k Steeplechase (15-16G; 17-18W)
6:00pm Hammer Throw (15-16B; 17-18M)
6:45pm Hammer Throw (15-16G; 17-18W)

Friday July 8

Gates open to spectators and athletes at 9:00am

Combined/Running Events:

10:00 am	Pentathlon	13-14G; 13-14B
10:30 am	Decathlon Day 2	15-16B; 17-18M
11:00 am	Heptathlon Day 2	15-16G; 17-18W
1:30 pm	Triathlon 9-10G;	9-10B
2:00 pm	1500 meter Race Walk	9-10G/B; 11-12G/B
2:30 pm	3000 meter Race Walk	13-14G/B; 15-16G/B; 17-18W/M

Field Events:

Long Jump (2 pits)

2:00 pm 8 & Under G/B

4:00 pm 9-10 G/B

High Jump (2 pits)

3:30 pm 11-12G/B

Saturday July 9

Gates open to spectators and athletes at 7:00am

Saturday Field Event schedule:

Long Jump (2 pits)

8:00 am	15-16 Boys and Girls
10:00 am	13-14 Boys and Girls
12:30 pm	11-12 Boys and Girls
2:30 pm	17-18 Men and Women

Shot Put (2 Rings)

8:00 am	8 & under Boys and Girls
9:15 am	9-10 Boys and Girls
10:30 am	11-12 Boys and Girls
12:30 pm	13-14 Boys and Girls
2:00 pm	15-16 Boys and Girls
3:30 pm	17 -18 Men and Women

High Jump (2 Pits)

8:00 am	17-18 Men and Women
10:00 am	15-16 Boys and Girls
12:15 pm	9-10 Boys and Girls
2:00 pm	13-14 Boys and Girls

Pole Vault (1 pit)

9:00 am 13-14 Boys followed by 17-18 Men, then 15-16 Boys
There will be appropriate warmup time between age groups
Worker break (30 minutes) between 17-18 Men

Discus Throw (1 ring)

8:00 am 17-18 Women
9:30 am 17-18 Men
11:00 am 15-16 Girls
1:00 pm 15-16 Boys
2:35 pm 13-14 Girls
4:00 pm 13-14 Boys

Turbo Javelin Throw

8:00 am 9-10 Girls
9:15 am 11-12 Boys
10:30 am 8 & Under Boys
12:15 pm 9-10 Boys
1:30 pm 8 & Under Girls
2:45 pm 11-12 Girls

Saturday Track Schedule

9:00 am	100m dash	prelims
10:20 am	4 x 800 relay	finals
10:50 am	80/100/110 hurdles	prelims
11:35 am	4 x 100 relay	finals
12:35 pm - 1:05 pm	<u>BREAK</u>	
1:05 pm	400 m dash	finals (timed)
2:20 pm	1500m run	finals
3:40 pm	200m dash	prelims

Sunday June 19

Gates open at 7:00 am

Sunday Field Event Schedule**Triple Jump (2 pits)**

8:30 am 17-18 Men & Women
9:40 am 13-14 & 15-16 Boys
10:50 am 13-14 & 15-16 Girls

Discus (1 ring)

9:15 am 11-12 Girls
10:45 am 11-12 Boys

Javelin (1 runway)

8:00 am 13-14 Girls
9:00 am 13-14 Boys
10:00 am 15-16 Girls
11:00 am 17-18 Women
12:00 pm 15-16 Boys
1:00 pm 17-18 Men

Pole Vault (1 pit)

9:00 am 13-14 Girls followed by 15-16 Girls, then 17-18 Women
There will be appropriate warmup time between age groups

Sunday Track Schedule

9:00 am	3000m run	finals
10:40 am	80/100/110 hurdles	finals
11:05 am	100m dash	finals
11:40 am	800m run	finals
12:55 pm	200/400 hurdles	finals
1:35 pm	200m dash	finals
2:05 pm	4 x 400 relay	finals

Facility Map

Key:

Red = Javelin & Discus Throw Area

Orange = Shot Put

Blue = Long Jump/Triple Jump & Pole Vault

Yellow = High Jump

Black = Clerking Area

